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Prevention of depression and anxiety in older people

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Prevention of depression and anxiety in older people

Depression and anxiety in older people are characterised by high prevalence, unfavourable prognosis, reduced quality of life, excess mortality, and substantial costs for society. Although treatment has improved, there is a dire need for alternative strategies, such as effective prevention programmes, to alleviate the burden of disease associated with late-life anxiety and depression.

Sub-threshold anxiety and depression are prognostic variables for major depression and anxiety disorder. Interventions for sub-threshold disorders may prevent the onset of new cases of major depression and anxiety disorder. In the study described in this thesis the prevention of depression and anxiety is incorporated in a stepped-care programme offering the elderly participant with sub-threshold depression or anxiety disorder various interventions, ranging from non-committal to interventions requiring a certain amount of involvement. We hypothesised that this programme could prevent development from a sub-threshold disorder to a full-blown disorder.

Prevention of depression and anxiety in older people

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in de
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Receptie na afloop ter plaatse

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